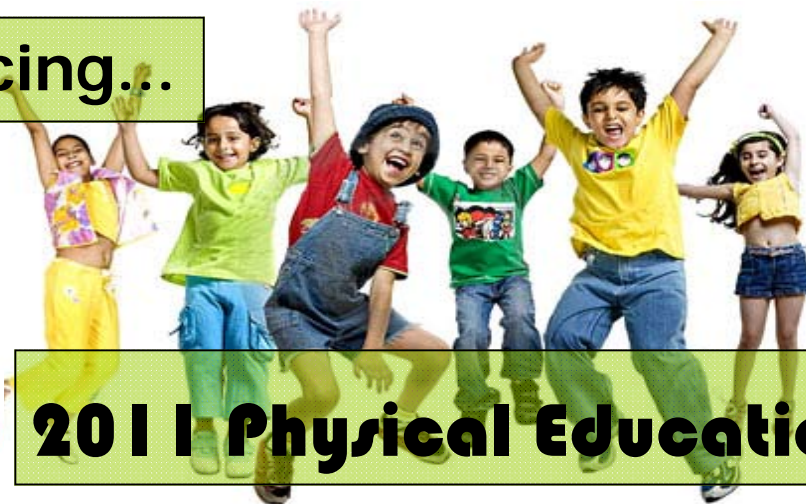


# Introducing...



**be active.**

## 2011 Physical Education Week

### Why celebrate Physical Education Week?

*be active* Physical Education Week provides an opportunity for classroom and Health & PE teachers to promote and incorporate health and wellbeing activities and events into their weekly planning. *be active* Physical Education Week is a celebration of health and wellbeing; being active, learning about how to look after ourselves and encouraging schools and their communities to think about ideas and ways of working to incorporate health and wellbeing into their school in a sustainable way. ACHPER (SA) acknowledges schools already support health and wellbeing in many ways and encourage all schools to showcase their practices during this week.

ACHPER (SA) - The Australian Council for Health, Physical Education and Recreation SA Branch Incorporated welcomes you to *be active* Physical Education Week 2011 which will be conducted from **14<sup>th</sup>-18<sup>th</sup> November**. We invite your school **to participate** in this event, one of the largest weeks in the South Australian school calendar that **celebrates the importance of active and healthy living in the lives of South Australian children**.

In 2011 we seek to attract over 50,000 students, from more than 200 schools from all sectors, and also involve student's families and local communities. At a time of ongoing growing community concern of inactivity and obesity we invite you to promote active and healthy living in your local school community and join with us in 2011 to celebrate our theme **'Be a sport...Have a go!'**.

*be active* Physical Education Week offers South Australian students the chance to participate in a variety of activities and learn new skills. *be active* Physical Education Week celebrates its 27th annual event in 2011. This significant event is the largest in this learning area in Australia, and we are most fortunate to capture the commitment and enthusiasm of numerous teachers, other professionals and volunteers, to ensure the Week appeals to and involves many local school communities.

The comprehensive **resource booklet** features a range of support information that is most useful for *be active* Physical Education Week but also your schools ongoing programs. We encourage you to carefully explore this comprehensive booklet including:

- The opportunity to register to be involved in the week and register for free stickers – *page 6*
- A range of activities and ideas for school based participation
- Information to support quality physical activity and healthy eating programs in schools
- Fun home ideas for families– *page 14*
- Interesting facts about water and sleep - *page 30*
- Brain energisers - *page 37*
- An opportunity to attend a number of metropolitan based 'come and try' activities– excellent ideas for physical activity based excursions
- Please consider nominating your school, an educator or volunteer for a *be active* Physical Education Week award (*page 16*) or for the ACHPER (SA)- Credit Union SA Excellence Awards (*page 35*). All awards are presented at the IDM Sports Physical Education Week Dinner on November 11th 2011.

Without the support of our sponsors and supporters, this event would not be possible. Special thanks to our funding partner, the Government of South Australia through the Office for Recreation & Sport and SA Health for their ongoing support. Support is also provided by Credit Union SA, Footsteps Dance, IDM Sports, Mt Lofty Spring Water, and the South Australian Cricket Association. We value our key alliances, and without these partnerships, ACHPER (SA) could not dream and run this event annually!

Health & PE is a lifelong process: from its foundations in early childhood education through to the compulsory years of schooling and beyond. All students have a right to receive quality physical education teaching and learning programs - *be active* Physical Education Week promotes these opportunities.

# *be active* PHYSICAL EDUCATION WEEK AIMS

*be active* Physical Education Week in 2011 will be a celebration of physical education and physical activity in its 27th year. The innovative and significant week seeks your involvement.

**DEFINITION:** *'Physical Education is the part of a child's education which uses activity as the primary medium for education. Physical Education is any process which increases a child's ability to participate in a socially responsible way in physical activity in the form of games, dance, gymnastics, aquatics, fitness, adventure activities and other leisure pursuits'*. (ACHPER 1993).

*be active* Physical Education Week 2011 aims to highlight the importance of:

-  establishing positive attitudes towards participation in regular physical activity and healthy eating practices at an early age;
-  having physical activity in the school curriculum and the relationship between physical activity and its natural outcomes (sports, recreation, fitness and related health benefits);
-  establishing a general skill base at an early age to provide access and create options for involvement in physical activity now and throughout life;
-  enabling schools to showcase their physical education/physical activity programs;
-  promoting school and community partnerships to offer localised opportunities for active and healthy living (parents, local facilities, clubs);
-  promoting the benefits and providing a focus to help motivate schools, teachers and parents to improve the delivery of quality regular physical activity to our children;
-  educating teachers, parents and children about crucial messages and opportunities like *be active* initiatives including Go for 2 & 5 and Right Bite;
-  encouraging South Australian children to strive, within their own abilities for excellence in performance and share this with the wider community audience, while enjoying the benefits of physical activity and healthy eating;
-  providing a safe and healthy environment for all participants, officials, administrators parents, teachers, volunteers and spectators;
-  acknowledging the important contributions of teachers, volunteers and the school community in delivering quality physical activity programs.